Claims

1. A method of using a computer and a computer display for identifying a suspect influencing agent that may be causing a reaction in an individual, wherein the suspect influencing agent is one of a plurality of influencing agents, the method comprising:

entering into the computer the plurality of possible influencing agents;

displaying the plurality of possible influencing agents on the computer display;

entering the reaction into the computer;

displaying the reaction on the computer display;

for a first period, selecting a first plurality of influencing agents from the plurality of possible influencing agents, wherein the individual was exposed to the first plurality of influencing agents during the first period, wherein the step of selecting the first plurality of influencing agents is via the computer;

for a second period following the first period, selecting a second plurality of influencing agents from the plurality of possible influencing agents, wherein the individual was exposed to the second plurality of influencing agents during the second period, wherein the step of selecting the second plurality of influencing agents is via the computer;

selecting, via the computer, the reaction that the individual experienced during at least one of the first period, the second period, and a third period, wherein the third period follows the second period; and

computing a correlation between the suspect influencing agent and the reaction.

2. The method of claim 1, further comprising computing a plurality of correlations corresponding to the plurality of possible influencing agents as each of the plurality of possible influencing agents relate to the reaction.

3. The method of claim 2, further comprising sorting the plurality of possible influencing agents based on the plurality of correlations.

4. The method of claim 1, further comprising adding, after the first period, an additional influencing agent to the plurality of possible influencing agents.

5. The method of claim 1, wherein the step of selecting the first plurality of influencing agents from the plurality of possible influencing agents is performed by mouse-clicking on at least some of the plurality of influencing agents.

6. The method of claim 1, wherein the step of selecting the reaction that the individual experienced involves mouse-clicking on the reaction.

7. The method of claim 1, further comprising entering a plurality of reactions into the computer wherein the plurality of reactions includes the reaction.

8. The method of claim 1, further comprising displaying a single view of the reaction and the first plurality of possible influencing agents on the computer display, wherein the single view assists in selecting the reaction and assists in selecting the first plurality of influencing agents.

9. The method of claim 1, further comprising plotting a graph of the suspect influencing agent and the reaction versus time, and displaying the graph on the computer display to help illustrate how well the suspect influencing agent and the reaction correlate.

10. The method of claim 1, further comprising assigning a magnitude value to the reaction.

11. The method of claim 1, further comprising assigning a magnitude value to each of the first plurality of influencing agents.

12. The method of claim 1, wherein the correlation reflects the likelihood that the suspect influencing agent may cause a future reaction.

13. The method of claim 1, wherein the correlation is based selectively on a first computation and a second computation, which are differentiated by how the first computation and the second computation account for a menstrual period.

14. The method of claim 1, wherein at least one of the plurality of possible influencing agents is a food.

15. The method of claim 14, further comprising specifying an ingredient for the food, and computing another correlation between the ingredient and the reaction.

16. The method of claim 1, further computing a time-delayed correlation between the suspect influencing agent and the reaction.

17. The method of claim 1, further comprising assigning a confidence value to the correlation.

18. The method of claim 1, wherein the first period and the second period are sequential days.

19. The method of claim 1, wherein the suspect influencing agent is an allergen.

20. The method of claim 1, wherein the suspect influencing agent is an environmental exposure.

21. The method of claim 1, wherein the reaction is a physical pain.

22. The method of claim 1, wherein the reaction is respiratory-related.

23. The method of claim 1, wherein the reaction is skin-related.

24. The method of claim 1, wherein the reaction is blood pressure.

25. The method of claim 1, wherein the reaction is fatigue.

26. The method of claim 1, wherein the reaction is mentally-related.

27. The method of claim 1, wherein the reaction is a seizure.

28. The method of claim 1, wherein the reaction is an emotional disturbance.

29. The method of claim 1, wherein the suspect influencing agent relates to an activity of the individual.

30. The method of claim 1, wherein the suspect influencing agent relates to an amount of sleep of the individual.

31. The method of claim 1, further comprising downloading into the computer Internet accessible data that relates to an environmental exposure, and computing a second correlation between the environmental exposure and the reaction.

32. A method of using a computer and a computer display for identifying a suspect influencing agent that may be causing a reaction in an individual, wherein the suspect influencing agent is one of a plurality of influencing agents, the method comprising:

entering into the computer the plurality of possible influencing agents;

displaying the plurality of possible influencing agents on the computer display;

entering the reaction into the computer;

displaying the reaction on the computer display;

for a first period, selecting a first plurality of influencing agents from the plurality of possible influencing agents, wherein the individual was exposed to the first plurality of influencing agents during the first period, wherein the step of selecting the first plurality of influencing agents from the plurality of possible influencing agents is performed by mouse-clicking on at least some of the plurality of influencing agents;

for a second period following the first period, selecting a second plurality of influencing agents from the plurality of possible influencing agents, wherein the individual was exposed to the second plurality of influencing agents during the second period, wherein the step of selecting the second plurality of influencing agents from the plurality of possible influencing agents is performed by mouse-clicking on at least some of the plurality of influencing agents;

selecting, via the computer, the reaction that the individual experienced during at least one of the first period, the second period, and a third period, wherein the third period follows the second period;

computing a plurality of correlations corresponding to the plurality of possible influencing agents as each of the plurality of possible influencing agents relate to the reaction; and

adding, after the first period, an additional influencing agent to the plurality of possible influencing agents.

33. A method of using a computer and a computer display for identifying a suspect influencing agent that may be causing a reaction in an individual, the method comprising:

entering into the computer a plurality of possible influencing agents, wherein the plurality of possible influencing agents includes the suspect influencing agent, and wherein at least one of the plurality of possible influencing agents is a food;

displaying the plurality of possible influencing agents on the computer display;

entering the reaction into the computer;

displaying the reaction on the computer display;

for a first period, selecting a first plurality of influencing agents from the plurality of possible influencing agents, wherein the individual was exposed to the first plurality of influencing agents during the first period, wherein the step of selecting the first plurality of influencing agents from the plurality of possible influencing agents is performed by mouse-clicking on at least some of the plurality of influencing agents;

for a second period following the first period, selecting a second plurality of influencing agents from the plurality of possible influencing agents, wherein the individual was exposed to the second plurality of influencing agents during the second period, wherein the step of selecting the second plurality of influencing agents from the plurality of possible influencing agents is performed by mouse-clicking on at least some of the plurality of influencing agents;

selecting the reaction that the individual experienced during at least one of the first period, the second period, and a third period, wherein the third period follows the second period, wherein the step of selecting the reaction is performed by mouse-clicking on the reaction;

computing a plurality of correlations corresponding to the plurality of possible influencing agents, wherein the plurality of correlations reflect the likelihood that the plurality of possible influencing agents will cause a future reaction;

adding, after the first period, an additional influencing agent to the plurality of possible influencing agents;

sorting the plurality of possible influencing agents based on the plurality of correlations;

plotting a graph of the suspect influencing agent and the reaction versus time, and displaying the graph on the computer display to help illustrate how well the suspect influencing agent and the reaction correlate; and

assigning a magnitude value to the reaction.